



## Are You in a Hurting Relationship?

You may be in an abusive relationship if your partner does any of these:

- Throws things at you or breaks things in anger
- Threatens or blames you a lot
- Hits, kicks, slaps, or pushes you
- Tries to control what you do, how you act and feel
- Does not let you see your family and friends
- Is very jealous or has a bad temper
- Forces you to have sex

### Are any of the above statements true for you?

You are not at fault or alone. If you are abused, it does not mean you are not a good person. A person who abuses you wants to control your life. Physical or sexual violence against a family member is against the law. Special protection is given to children, women and the elderly. Talk to someone you trust: a friend, neighbor, family member or your case worker.

### You can get help, shelter, and advice.

Call one of the numbers below to find referrals, counseling, shelter and legal advice. They will NOT judge you. They want to help. **If in immediate danger, call 911.**

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| ◆ Alameda County Family Justice Center      | 510-267-8800                          |
| ◆ Family Violence Law Center (Legal advice) | 1-800-947-8301                        |
| ◆ Building Futures with Women and Children  | 1-866-292-9688 (English/Spanish only) |
| ◆ A Safe Place                              | 510-536-7233                          |
| ◆ S.A.V.E. (Fremont)                        | 510-794-6055                          |
| ◆ Tri-Valley Haven (Livermore)              | 1-800-884-8119                        |
| ◆ W.O.M.A.N., Inc. (San Francisco)          | 1-877-384-3578                        |
| ◆ Asian Women's Shelter (San Francisco)     | 1-877-751-0880                        |

Alliance Health Programs ◆ 510-747-4577 ◆ [www.alamedaalliance.org](http://www.alamedaalliance.org)

